

The Veg School's Advance Nutrition and Healing Course

Course	Venue	Fee	Dates	Time
Advance Nutrition and Healing (English)	Sagaramudra Buddhist Society	SGD350 (Member: SGD250)	13/03/15 (Fri)	19:30-21:30
			10/04/15 (Fri)	
			08/05/15 (Fri)	
			12/06/15 (Fri)	
			10/07/15 (Fri)	
			11/09/15 (Fri)	
			09/10/15 (Fri)	
			13/11/15 (Fri)	

课程	地点	学费	日期	时间
高级营养与养生 (中文)	海印学佛会	SGD350 (海印会员 SGD250)	14/03/15 (六)	19:30-21:30
			11/04/15 (六)	
			09/05/15 (六)	
			13/06/15 (六)	
			11/07/15 (六)	
			08/08/15 (六)	
			12/09/15 (六)	
			10/10/15 (六)	

This is an elaborated teaching extended from The Veg School's "Vegetarian Nutrition Course".

Structured in 2 consecutive series, this Advanced Nutrition and Healing Course, emphasizes on the core principles of systematic nutrition management, interference elimination, the universal view of dietetic healing and the holistic relationship between nutrition, energy flow, orderly coordination and self diagnosis.

The content of the course is illustrated as follows:

Series 1 / 2hrs x 4 sessions: Life Force Management

In basic nutrition classes, nutrition is taught such a way that nutrients play roles as the building blocks of the biomass and players in the biochemistry of our body. "Life force management" offers an in-depth perspective on how nutrients flow indicates the flows and forms of energy and how these energies could be harnessed systematically and partnered with other forms of energies to sustain wellness.

Diseases oriented examples will be illustrated to help the understanding of how proper management of life force via nutrition and non-nutrition methods, play pivotal and fundamental roles in healing.

After this module, students will be able to:

- . build and conserve life force for themselves, pathing the foundation for their personal healing and general wellbeing, through a myriad of life force foods and techniques
- . analyze and assess common diseases in the perspective of life force requirement
- . formulate safe and prudent, dietetic and non-dietetic prescriptions for healing via the principles of life force enhancement

Series 2 / 2hrs x 4 sessions: **Detoxification Mastery**

While detoxification is becoming a fad nowadays, many do not understand the true essence of detoxification. Without the in depth learning of detoxification principles, one will be easily confused or even misguided into unsafe and inefficient ways of detoxification. This can be a significant concern to many under-informed public, given the wide variety of over-hyped detoxification regimes and products offered in the modern wellness industry.

“Detoxification Mastery” will be taught as an extension to the Detoxification Module in TVS’ Vegetarian Nutrition Course, to further elaborate the philosophies and principles of detoxification, in relation to life force management. In this course, detoxification, will be illustrated with examples of common diseases, to go hand in hand with life force management to enhance healing and wellness maintenance.

After this module, students will be able to:

- . perform detoxification safely and confidently on their own using different detox techniques
- . design and customize detox regimes specific to different bodily conditions, lifestyles, backgrounds and some mild diseases
- . formulate safe and prudent, dietetic and non-dietetic prescriptions for healing via the combination detoxification and life force management

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